

CMPT 376W Reading Period Shaming

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Reflective thoughts:

Women should not feel ashamed over their menstruation because it is not something that they can control of. We should have empathy over women who are going to menstruation and help them by lowering the cost of sanitary products (tampons, pads, and etc). Also, women should not feel embarrassed from buying sanitary products because these products are basic necessity for women just like shampoo and body lotion for everyone. Company can help support women's menstruation by encouraging period leaves to allow women to take care of themselves. This is a great way to sympathize with women to acknowledge that the company knows what they are going through and believes that it is okay for women to take care of themselves during menstruation. It is important for everyone to recognize that there's nothing wrong with women taking care of themselves during menstruation.

Rough Notes

'Stand By Her': China university students campaign to end period shaming

Free sanitary pad dispensers installed on campuses in effort to counter 'stigma of menstruation in the country

"Sanitary pad support boxes" are set up in ~ 250 campuses following a campaign on social media "Stand By Her"

Wang Ping, 3rd year student, with her group set up 10 boxes around the school

"We're doing this in hope of putting an end to period shaming and rejecting the stigma of menstruation."

This movement gains traction in China, where menstrual health is often seen as a source of embarrassment/taken lightly by health officials.

During Covid-19 outbreak,

Female health workers complained that sanitary products were not provide to them because they are not considered critical items

August 2020,

A screenshot of cheap unbranded pads on sale for 21.99 yuan (US \$3) for a pack of 100 spread across social media

Starts a debate over "period poverty" and the harsh living conditions of Chinese women and girls in rural area.

Some call for government for support to buy these products

Many women felt embarrassed when buying sanitary product.

One student whenever she shop for a sanitary pads, the storeowner will place the product in a black plastic bag b4 handing it to her.

Tu Yajie

Helped set up boxes at Chengdu Medical College in the south-western province of Sichuan

She feel it's a way to contribute advocacy efforts in China.

The campaign

"The university should be the place where women's consciousness is awakened. This has really shown me the power of women."

National Period Week

Isabela Rittinger
17-year-old

November 2 to 9

The youth led non-profit Bleed the North is hosting a virtual event called Canadian National Period week.

The event will feature a series of workshops and webinars with guest speakers, all aimed at ending stigma and period poverty.

What is period poverty?

Isabela started Bleed the North in March
Learn that many people struggle to afford period products

2018 Plan International Canada report
1/3 women under age 26 struggle to afford period products
She believe that the product should be free

The event is teaching participants how to make period packs
A pack include 7 tampons, 10 pads and one note of encouragement

Ending period stigma
"Menstrual hygiene is a human right"

The stigma that drives girls to talk about their periods in code is "ridiculous" and stems from a lack of menstruation education for both boys and girls

Company's Paid Leave for Periods Takes on a Workplace Taboo

Zomato
A global food-delivery company based in India
Drew praise for introducing the policy

The company policy
71% of young women remain unaware of menstruation until their first cycle

"There shouldn't be any shame or stigma attached to applying for a period leave. You should feel free to tell people on internal groups, or emails that you are on your period leave for the day." - Deepinder Goyal

Menstrual cycle symptoms include:
Pelvic pain, lower back pain, Headache, Fatigue, and Mood swings

Period pain also known as dysmenorrhea

Zomato isn't the only company that introduce period leave
More countries include
Indonesia, Japan, South Korea, Taiwan, and Zambia

Zomato acquire the uber food division in India

- Women should feel they have rights to take care for themselves during their menstruation.
- People should not shame women for something that they have no control of
- Women should not feel ashamed over buying sanitary product.
 - Those sanitary products are necessary for women to clean themselves during menstruation, and they should be affordable
 - Those sanitary products should be affordable too
 - We buy products like shampoo and body lotion to keep our body clean
- The fact that there are people shaming women for having period shows that there is a lack of empathy